

Oatmeal Raisin Wheat Cookies – Makes 2 dozen cookies

½ cup butter
1/3 cup white sugar
½ cup packed brown sugar
1 egg
1 cup flour (all-purpose, whole wheat or a combination)
½ teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
½ teaspoon vanilla
1¼ cups dry rolled oats, processed in blender to a fine powder
1 cup raisins or chocolate chips

Cream butter with white sugar and brown sugar. Add eggs and mix thoroughly. Add flour, baking powder, soda, salt, vanilla and oatmeal. Mix well. Add raisins.

Using about 1 tablespoon of dough, roll into small balls and place 2 inches apart on a cookie sheet. Bake in a preheated 375° oven for 10 minutes or until a light, golden brown. Remove pan from the oven. Cool for a few minutes before moving cookies from the pan to a cooling rack.

Nutrition Analysis: Each cookie provides approximately: 122 calories, 2 g protein, 20 g carbohydrates, 1 g fiber, 4 g fat, 10 mg cholesterol, 10 mcg folate, 1 mg iron, 105 mg sodium.

Ice Cream Muffins – Makes 10 muffins

1½ cups enriched self-rising flour
OR
1½ cups all-purpose flour
1½ tablespoons baking powder
¾ teaspoon salt

2 cups melted vanilla ice cream (or flavored, if you prefer)
¾ cup cinnamon, chocolate or peanut butter chips, or combination

Measure dry ingredients into a medium bowl. Stir in ice cream just until flour is moistened. Stir in chips. Spray muffin cups with non-stick spray and fill cups ¾ full.

Bake in a preheated 350° oven 20 minutes or until golden brown.